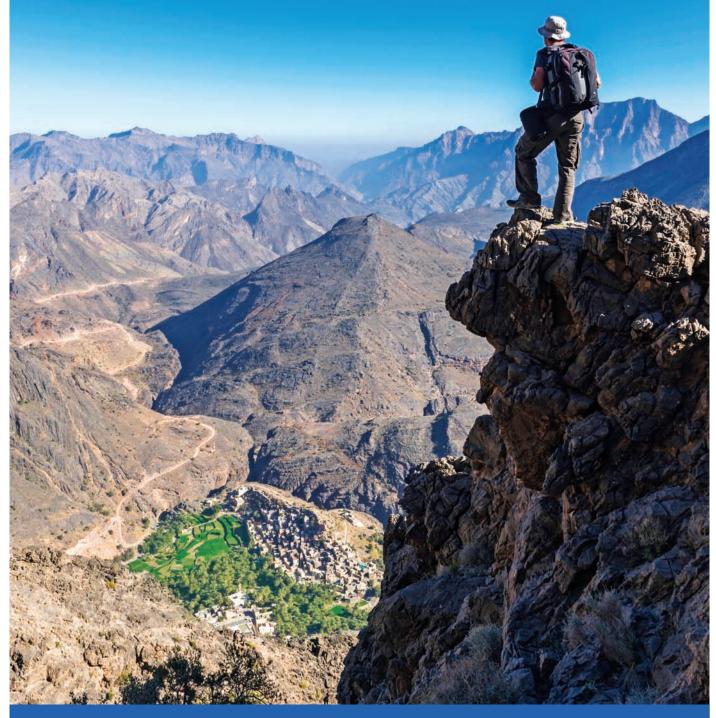
WINGS OF OMAN



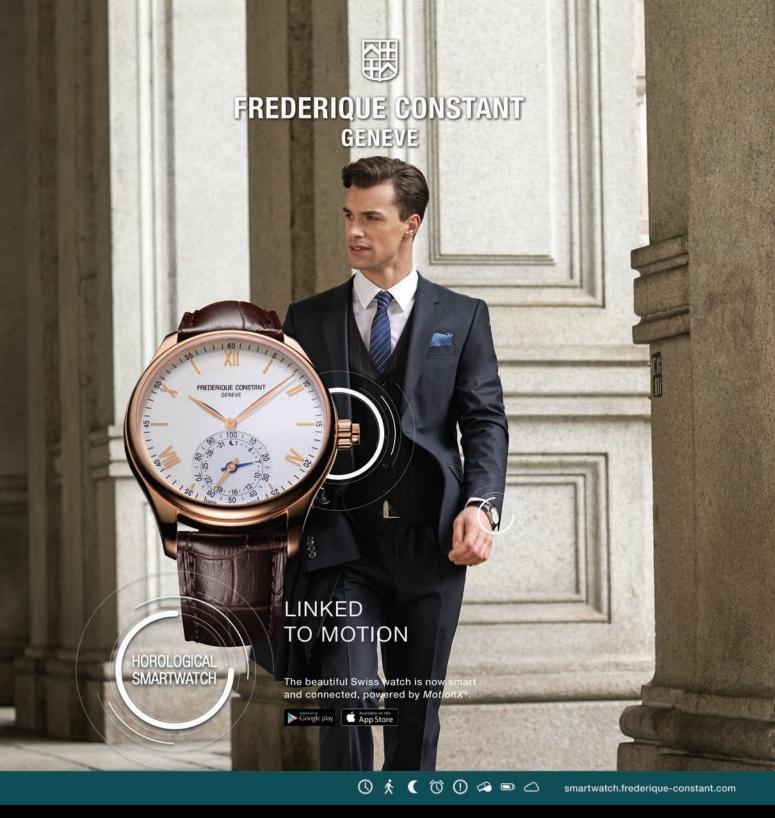
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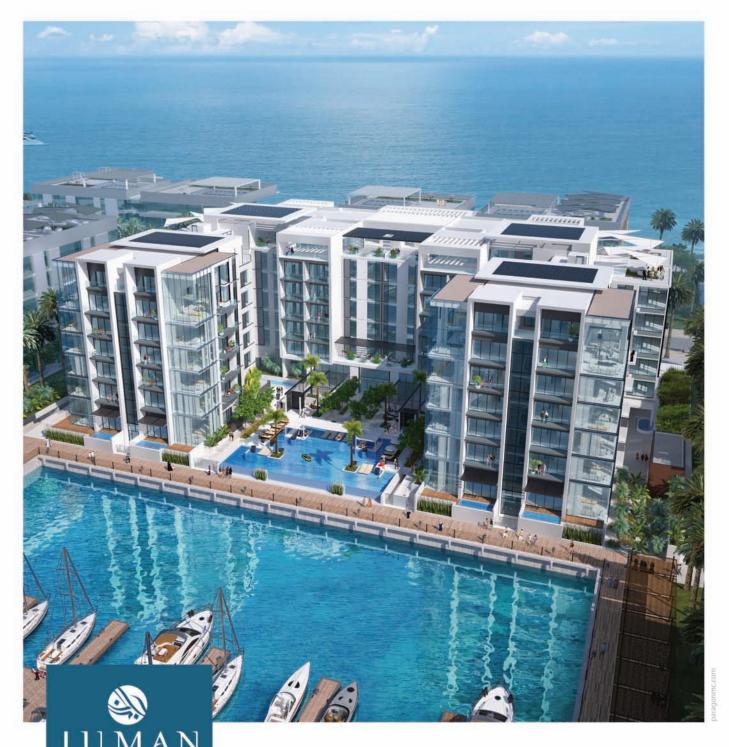












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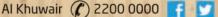
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I am delighted to welcome you, our valued and respected guests, aboard your Oman Air flight.

As you travel towards your destination, much work is being undertaken behind the scenes to continue Oman Air's transformation. Notably, Oman Air's first Boeing 787 Dreamliner will be delivered this month. A second Dreamliner will arrive next month and the aircraft will soon form the centrepiece of Oman Air's long haul fleet.

Following initial commercial flights to Salalah, the Dreamliners will commence intercontinental scheduled services between Muscat and Frankfurt on 25th October. And from 16th November, the Dreamliners will also serve routes from Muscat to Jeddah and Riyadh. Demand is sure to be high and I would advise you to book as early as possible if you want to enjoy the unique experience.

In addition to the expansion of our fleet, Oman Air will this month increase the number of return flights offered between Muscat and Paris. From 25th October, five flights per week will be operated instead of the previous four. This increase has been accomplished as a result of lengthy, persistent and patient negotiations. The enhanced service will not only enable many more European air travellers to enjoy Oman Air's hospitality and discover the beauty of Oman.

Marhaba

It will also increase opportunities for customers from Oman and destinations throughout Asia to discover one of the world's great cities: Paris. During 2016 the frequency will be increased further to even a daily service.

In parallel to these operational developments, Oman Air offers significant support for the cultural and sporting life of Oman. The airline continues to back initiatives such as the Tour of Oman cycling race, the Extreme Sailing Series and the Oman Football Association. And this year, Oman Air has also agreed to sponsor the world-class NBO Golf Tournament. Together, these events attract a vast global audience and help to draw many more visitors to the Sultanate.

And finally, Oman Air has unveiled a bid to establish a new world record. The aim is to create the longest online photographic human chain in the world. In doing so, we can together set an example of peace and friendship around the world. I would encourage you to help us by visiting Oman Air's Facebook page. Here, you will find details of how to take part in 'Befriend the World' (www.befriendtheworld.com). It is not only having fun, but also a powerful reflection of Oman's time-honoured tradition of warmth and hospitality.

In the meantime, thank you also on behalf of my 6 400 dedicated team members, for flying with Oman Air. We look forward to seeing you again soon.

Sumousi

Paul Gregorowitsch Chief Executive Officer



Best Airline Staff Service Middle East 2014 & 2015





Piary
A wrap up of what festivals, events and sports are happening this month.

Natural Wonders of Oman

The treasures of the Sultanate's deserts, mountains and seas.

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Amsterdam
Exploring the City of Canals.

India's Golden Triangle Architecture

The magnificent buildings of Delhi, Agra, and Jaipur.



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Lessons in Leadership!

How to be a great small business leader.



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46 Oman Air News: Oman Air's news and events.







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Wings of **O**man

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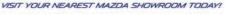
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Alba International White Truffle Fair

Where: Alba, Italy (near Milan)
When: 10 October – 15 November

What: White truffles are the 'fruiting body' of a very special type of underground fungus, and have been prized delicacies for hundreds of years. They've been called the 'Diamonds of the Kitchen' due to their rarity and exquisite taste, and they often fetch up to several thousand dollars per kilogram (or even more) when they are sold. There are many truffle festivals in Italy during the autumn harvest season, but the Alba International White Truffle Fair is probably the most prestigious and most popular.

Kuala Lumpur Eco Film Festival

Where: Kuala Lumpur, Malaysia When: 16 October – 18 October What: Go watch a 'green' film! The Kuala Lumpur Eco Film Festival is Malaysia's longest-running environmental film festival. It is a celebration of environmental films, and strives to promote sustainable consumption (and 'green consumerism'), to activate local participation in environmental activities, and to promote sustainability among businesses.







Dubai Design Week

Where: Dubai, UAE
When: 26 October – 31 October
What: Held under the Patronage of
Her Highness Sheikha Latifa bint
Mohammed bin Rashid Al Maktoum,
Dubai Design Week is a prestigious 6
day design event that will host more
than 60 separate design activities and

projects, and celebrate the best in design both regionally and internationally. If you're in search of style this month, Dubai is the place to be!

Festivals Around the World

Beirut International Film Festival 8 October - 16 October, Beirut, Lebanon.

Vegetarian Festival 15 October - 23 October, Phuket, Thailand.

Mumbai International Film Festival Throughout October, Mumbai, India.



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International Bangkok Bike Expo

Where: Bangkok, Thailand When: 1 October - 4 October What: Due to the a very positive growth rate in recreational cycling in the country, and a growing trend of people using bicycles as an alternative to motorised transport, the organisers of the International Bangkok Bike Expo say that Thailand could be a prominent leader in the bicycle market in South East Asia in the near future. If you love bicycles, make sure to pedal over to the Expo this month, where you'll get a glimpse of the latest bikes, bike products and lifestyle gear, and biking industry news that's about to hit the market.



Paris 'White Night'

Where: Paris, France When: 3 October

What: Paris 'White Night' is a free, annual dusk-until-dawn arts carnival where music and the arts (and many of the museums in Paris) keep the population entertained throughout the night. Every year, a different team of 'White Night' artistic directors take over different parts of the city, and commission hundreds of artworks to be set up. Paris' White Night is a celebration of the city, its people, and its art – and should not be missed!

Events Around the World

World Space Week 4 October -10 October, Worldwide.

Frieze Art Fair 14 October -17 October, London, England.

Masskara Mask Parade 17 October – 18 October, Bacolod, Philippines.



Zurich Contemporary Art Fair

Where: Zurich Switzerland
When: 16 October – 18 October
What: Zurich Contemporary Art Fair is
currently one of the most important and
well-established art market places of
Switzerland. Artworks from all genres will
be on display this month – from paintings,
to graphics, sculpture and photography,
and more. There'll be art professionals,
art collectors, and the art-appreciating
general public attending. And hopefully,
you too!





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Oman Football: All set for Iran and India!

Where: Muscat, Sultanate of Oman (Both games).

When: 8 October and 13 October What: This month, Oman's 'Red Warriors' go ahead with two 2018 FIFA World Cup qualifying matches. The first is against Iran who are one of Asia's footballing powerhouses, having qualified for the FIFA World Cup four times in 1978, 1998, 2006 and 2014 - and who will no doubt prove to be tough opponents for Oman. The second match is against India, who Oman beat 2 - 1 earlier this year at India's Sree Kanteerava Stadium in Bangalore. While Oman are the favourites, India are improving rapidly, and cannot be counted out for a win.

Sports Around the World

Rugby World Cup Final

1 October, Twickenham, London, England.

Boxing World Amateur Championships 8 October -18 October, Doha, Qatar.

Shanghai Masters Tennis Championship

11 October -18 October,

Shanghai, China.

Woman's Tennis Association Finals

23 October -01 November, Singapore.

Jakarta Marathon 25 October, Jakarta, Indonesia.

Ice Warrior Challenge

Where: Ski Dubai Indoor Ski Resort, Dubai, UAE When: 10 October What: The annual challenge

What: The annual challenge of strength and endurance in freezing cold conditions returns once again to Dubai this month with the Ice Warrior Challenge. Get ready to face a number of physical challenges as an individual or part of a team. Challenges like monkey bars, mazes, cargo net crawls and other obstacles – while in the sub-zero temperatures of the Ski Dubai Indoor Ski Resort.



GBR360



World Windsurfing Championships in Oman

Where: Al Mussanah Sports City, Sultanate of Oman

When: 17 October - 24 October

What: This month, a bunch of the world's best windsurfers will arrive at Oman's Al Mussanah Sports City to compete in what should be an unforgettable World Windsurfing Championships. This is an Olympic-class event, and to see some of the world's fastest and most competitive windsurfers racing off-shore in the Sea of Oman should be spectacular. The Al Mussanah Sports City is located just over an hour's drive northwest of the capital, Muscat.

Amsterdam Marathon

Where: Amsterdam, Holland When: 18 October

What: The 40th edition of the Amsterdam Marathon once again goes ahead this month through the streets of the famous City of Canals. There are five events scheduled for the day: the marathon itself, then a half marathon, an 8 kilometre race, kids run, and a mini marathon. Also, on the 16th, 17th and 18th, a marathon expo will be held, where top running and fitness brands will be showcasing the latest athletic gear.





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Omani Men's Headdress

In Oman, the men's dress is referred to as masculine 'Omani' as opposed to the women's national dress being spoken about as 'Omaniya'. According to the Centre for Omani Dress, a man's dress usually consists of a wrap around the lower part of his body, called a wazar, which is then covered by the full-length dishdasha. Then, one of two forms of what is the very important headdress is also worn. This is either a kumah cap, or the turban-style massar. A third form of the headdress is a combination of both the massar and the kumah.



Massar

The massar is a colourful, beautifully embroidered wool turban that is neatly tied around the head in a unique, Omani style. Just like the kumah, they are an icon of the Omani national dress and identity. However, the best massars are in fact handmade in Kashmir, India, and imported into Oman.







Kumah Cap

The kumah is a hand-embroidered cap, with a design that is believed to have some of its origin in Zanzibar Island, the former colony of Oman. Most kumahs feature coloured thread detail on a plain white background, and they have small holes along the sides to keep the head cool.



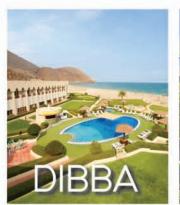
Shal

The shal, a long strip of fabric, is worn around the waist of the man's dishdasha, and is often accompanied by the khanjar dagger. The type of material (either wool or cotton) and the embroidered pattern featured on both the shal and the massar, will also often be the same. Occasionally, the shal is worn around the neck and shoulders.

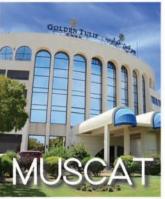
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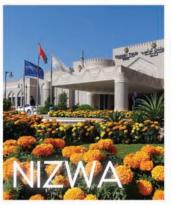
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The Natural Wonders of Oman

The Sultanate of Oman is a land of mountains, desert and sea. And home to an enthralling array of unique natural wonders.



Bimmah Sinkhole: Bimmah Sink hole is 600 metres from the Sea of Oman coastline, at the Hawiyat Najm Park. It's a spectacular freshwater sinkhole with clear, turquoise coloured water, and a long staircase leading down to the water's edge, 20 metres below ground level surface. It is a popular swimming spot – and a kind of natural foot spa, because of the hundreds of small fish that come to nibble at your feet, when you're wading through the water!

Location: 23° 2′ 10.49″ N – 59° 4′ 19.65″ E Muscat Governorate. (Around 150 km by road, south-east of Muscat).

Rub Al Khali: The Rub' Al Khali, 'The Empty Quarter' is the largest continuous sand desert in the world, which covers an area of around 650 000 square kilometres and it includes much of the southern and western regions of Oman, and vast tracts of Saudi Arabia, the United Arab Emirates, and Yemen. In fact, the Sultanate has been the launching point for many historic expeditions that have explored and crossed the desert in recent history.

Location: 19° 33' 46.8" N – 54° 53' 43.78" E Dhofar, Al Wusta, Ad Dhahirah Governorates. (Southern and western regions of Oman).





'The Sultanate has been the launching point for many historic expeditions that have explored Rub Al Khali – the Empty Quarter – in recent history'

Duqm Stone Park: Duqm's stone park, or 'Garden of Rocks' is strewn with dozens of unusually shaped boulders and rocks, that resemble something that you might be more likely to find on the moon or mars, than on earth.

Location: 19° 38′ 29" N - 57° 39′ 21" E

Al Wusta Governorate. (The park is about 2 km outside Duqm town, on the way to the ship repair yard. Oman Air also has regular flights from Muscat to Duqm).

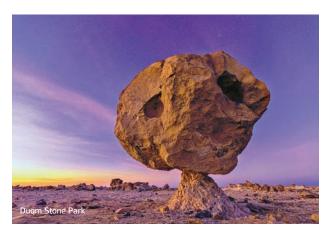
Musandman Peninsula: Oman's Musandam Peninsula, on the northernmost tip of the Arabian Peninsula, is a world of deep water 'fjords', mountains, and sea-cliffs that are hundreds of metres high and that drop directly down into the sea. There are also coral reefs here, crystal clear waters, and a huge diversity of marine life. Geologists say that the entire Musandam Peninsula is constantly being pushed down into the earth at around 6mm per year by the Asian continental plate.

Location: 26° 12′ 7.78″ N – 56° 15′ 8.76″ E Musandam Governorate. (Around 200 km by road from Dubai, UAE, and around 500km by road from Muscat, Oman. Oman Air also has regular flights from Muscat to Khasab).

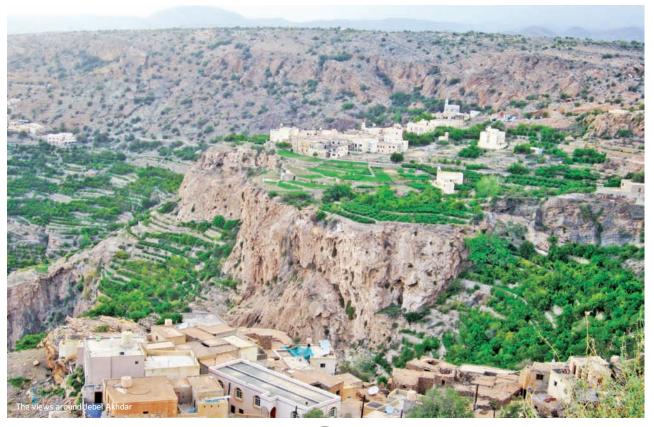
Jebel Akhdar and Jebel Sharms: The Al Hajar Mountains, beginning in the north of Oman and extending south until Sur, are the highest mountain range in the east of the Arabian Peninsula. They are home to Jebel Akhdar, and the 3 000 metre-high Jebel Shams – the highest point in Oman. This entire mountainous region is famous for its deep canyons and wadis, magnificent rocky terrain, and the villages and agricultural terraces which have been carved into the sides of the mountain by tribes living in the area since ancient times. The people here are also well-known for their expertise in rose water distillation.

Location: 23° 14′ 22″ N – 57° 15′ 47″ E

Ad Dakhiliyah Governorate. (Depending on where you're headed, the mountains are around a 2 to 3 hour journey by road from Muscat).









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17 October 7:00 PM

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Al Halaniyat Islands: The remote Al Halaniyat Islands, off the coast of Dhofar are an unspoiled spot of 'desert island' wilderness in the Arabian Sea. The more accessible Daymaniyat Islands, just offshore from Barka, near Muscat, are equally spectacular.

Ras Al Jinz Turtle Sanctuary: The Ras al Jinz Turtle Reserve is located just south of the coastal city of Sur, and is a nesting site during summer for hundreds of Green Turtles, and an area of vital importance to the global survival of this endangered species.









20











Since they were first developed over 400 years ago during the 'Dutch Golden Age'— a time around the 1600s and 1700s when Dutch trade, science, and art were at their zenith — Amsterdam's canals and waterways have steadily crept their way into the life and character of the city.

The canals were originally built and developed as a result of the city's reclamation of land for new development. Since these early days, Amsterdam has witnessed a sort of never-ending back-and-forth cycle of firstly, the city's residents giving life to its canals – followed by the city's canals giving life back to the city. And it has been a win-win situation.

Today, Amsterdam is a city that is bursting with life, warmth, friendliness, human interest, and culture. This, along with its canals – and the over 1 500 historic buildings, bridges and monuments that have been built around them – has made Amsterdam a place that tourists and travellers keep coming back to explore, year after year.

Grachtengordel: A UNESCO World Heritage masterpiece

In 2010, Amsterdam's 17th century Grachtengordel canal ring was included the UNESCO World Heritage site list – due to it being a masterpiece of urban engineering and innovative architecture. Grachtengordel (it means 'canal belt') is made up of the loop of Prinsengracht, Keizersgracht, Herengracht and Singel – which make up the four most famous canals in the city.

Singel Canal: Singel is a vibrant, popular stretch of canal that once encircled the medieval city of Amsterdam, when it served as a moat around the city from 1480 until 1585. It's now home to many restaurants and pubs — where you can take some time out from your day, sit down, and watch the world of Amsterdam pleasantly go by. It's also home to the 'World's Narrowest House' (it's only slightly over 2 metres wide) and a floating flower market that has been selling flowers to Amsterdam's city folk since 1862, and where you can now buy colourful bunches of tulips — considered the unofficial Dutch national flower.

Herengracht Canal: The most prestigious stretch of real estate in Amsterdam has always been the 'Golden Bend' on the Herengracht canal. This is where Amsterdam's richest merchants, mayors, and well-to-do families traditionally lived in the past - and still do. As you walk along the canal edge past the magnificent, classical-style mansions, and past the 400-plus buildings that are marked as official national heritage sites here, you get the feeling that you're walking through one big, living museum of old-world elegance and Dutch culture.

Keizersgracht Canal: Keizersgracht, the 'Emperor's Canal' is the widest of the Grachtengordel canals. In summer, Keizersgracht is best seen and explored from inside a boat with an official guide to point out the magnificent local Dutch-style architecture around here, and then followed up with a visit to the many restaurants and bars located next to the canal. In winter, when the canal freezes over, Amsterdammers put on ice-skates and go for a cruise on the canal.



Amsterdam Arena

The Netherlands is a footballloving nation, and the Amsterdam Arena is the pride and joy of the Amsterdam people. It is the largest stadium in the country, and the home of the famous Dutch football club, AFC Ajax. It's also where several mega-star artists and bands perform each year to what are very often sell-out crowds.



Prinsengracht Canal: Prinsengracht is the longest of the main canals in Amsterdam, and just like all of the rest of Grachtengordel, it is the location of several museums, historic houses, restaurants and cafes, hotels, tour operator's offices, and more. If you want to see what it's like to live on a houseboat on the canals, you can visit the Prinsengracht's Houseboat Museum, where the story goes that the owner got so fed up with people asking him if they could see inside his beautiful boat, that he turned it into a museum.

Amsterdam: Magical by boat

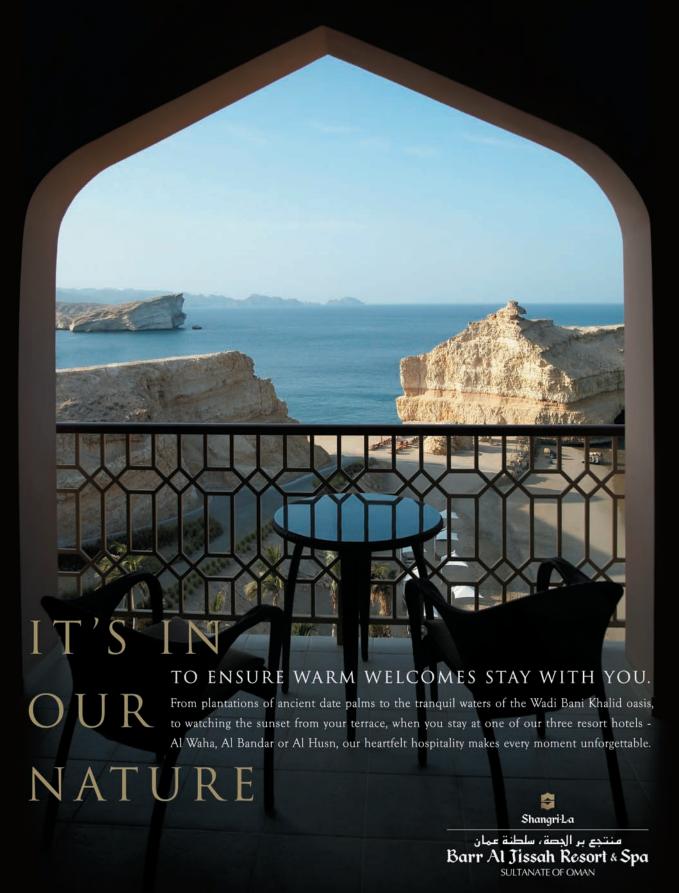
Everything in Amsterdam seems a bit more magical when viewed from a boat,' says the official Amsterdam tourism organisation. There are a number of departure points throughout the city for canal boat tours, and the guided trips are often available in multitude languages. Whether you're on the lookout for a one-hour tour, a hop-on, hop-off all-day experience, or a romantic candlelight dinner cruise, you'll get what you want.

You could also try one of Amsterdam's pedalo 'Canal Bikes', which is like biking on water, and which can be done at your own pace. Before setting out, the Canal Bikes operators give you some pedaling and sailing tips, a map of the canals, and some suggested routes to make sure you don't miss anything.

But in fact, exploring any of Amsterdam's canals – either walking next to them, riding along the bicycle pathways next to them, or floating down one of them on a boat – is one of the most memorable ways to discover the city.



'Today, Amsterdam is a city that is bursting with life, warmth, friendliness, human interest, and culture'





Travel Token: Clogs (Traditional hand-crafted wooden shoes)

While you won't see many people wearing 'clogs' in Amsterdam these days, these famous wooden shoes are still an important part of Dutch culture. Apparently, there are still around six million pairs of souvenir clogs produced each year in the Netherlands for the tourism souvenir market! If you're willing to travel to the more rural parts of the Netherlands, you should still see a few people wearing them.



Amsterdam (The Kingdom of the Netherlands): City Facts

Oman Air provides codeshare flights via KLM Royal Dutch Airlines between Muscat and Amsterdam.

Visa Requirements: For a list of countries/nationals that need a Schengen visa for a stay of up to 90 days in the Netherlands, visit government.nl.

Languages: The official language of the Netherlands is Dutch, but the majority of Amsterdam's residents speak English well.

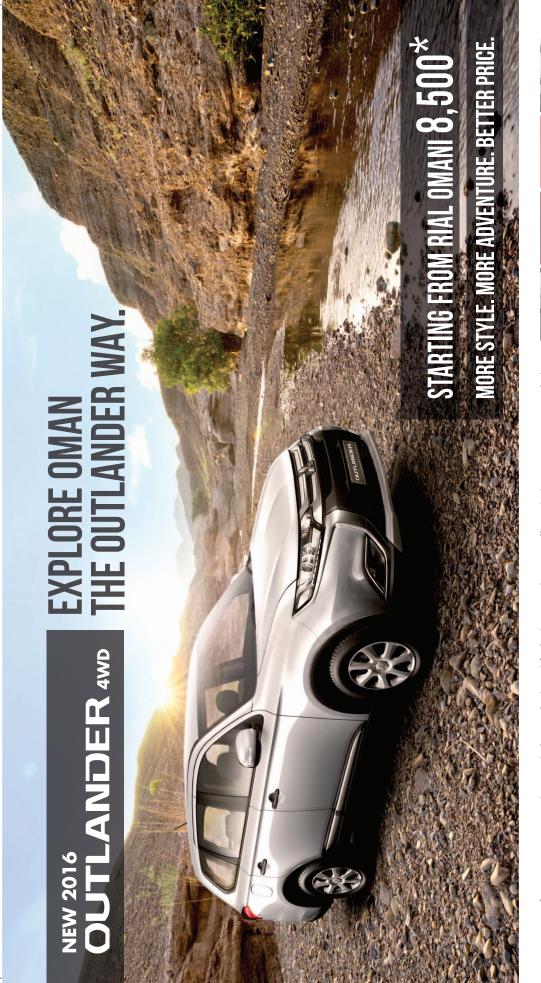
Currency: The official currency of the Netherlands is the Euro, where there are 100 cents (c) in 1 Euro (e). Coins are available in denominations of 1c, 2c, 5c, 10c, 20c, and 50c, as well as 1e and 2e. Banknotes come in denominations of 5e, 10e, 20e, 50e, 100e, 200e and 500e notes.

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(September 2015)





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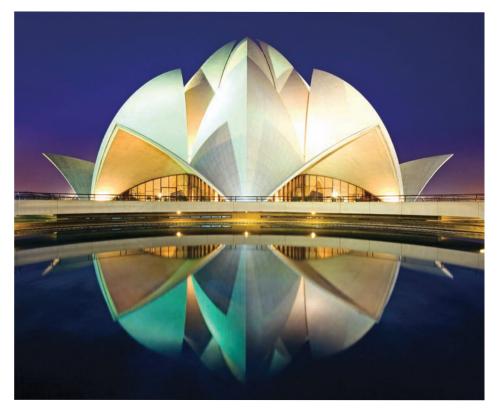
Price mentioned is for 2.4.5 seater model. Visit showroom to check out attractive prices on 2.41 and 3.01.7 seater models. Images shown for illustrative purposes only.

Golden Triangle Architecture: India at its most magnificent

Delhi, Agra, and Jaipur are the three cities that make up Northern India's famed Golden Triangle tourist route. And each one is home to some of India's most magnificent architecture.







Delhi...

These days, Delhi is a rapidly evolving metropolis filled with people focused on the future. But it is also where a rich, thousands-of-years old culture still shines through vividly – and where there is an exquisite array of Indian architecture. The Delhi highlights:

Red Fort: A huge fort and palace complex, built in 1648 by the same emperor that built the Taj Mahal.

Tomb of Humayun: This beautifully preserved building (finished in 1569) was the first garden-style tomb on the sub-continent.

Qutb Minar: The delicately carved Qutb Minar (built during the 13th century) is a spectacular 72.5 metres high.

Lotus Temple: Delhi's award-winning Lotus Temple is a modern masterpiece.

Jama Masjid: The largest mosque in India – and undoubtedly one of the most impressive.

Agra...

The Taj Mahal and the Agra Fort are two icons of world travel, and spectacular examples of Islamic-Indian architecture. They are the main reason you come to Agra. The Agra highlights...

Taj Mahal: The masterpiece of Indian-Muslim architecture, which is still as awe-inspiring as ever.

Agra Fort: Agra Fort remains a spectacular piece of Agra heritage and it is from where, on a clear day, you also get a great view of the Taj Mahal.

Tomb of Akbar the Great: Construction on this tomb (his own) was initiated by Emperor Akbar himself around 1600, just before he died.

Tomb of Itimad-ud-Daulah: The 'baby Taj' is like a small version of the Taj – but well worth visiting.

Jaipur...

Jaipur, the 'Pink City' (so-called because its buildings were originally painted this colour), is home to some of India's most flamboyant buildings. The Jaipur highlights...

Amer Fort: Amer Fort provides spectacular views over the palace, city, and lake below. (The Jaigarh Fort and Nahargarh Fort are two other forts also worth a visit).

City Palace: At the City Palace you can explore a vast array of courtyards, gardens and palace buildings.

Jal Mahal: Another magnificent palace in the centre of a lake (which is often illuminated in the evenings).

Galtaji: Galtaji is an ancient Hindu pilgrimage site, consisting of several sacred water pools. It's also where locals and tourists go to feed the resident monkeys that have made the temple their home.

Birla Mandir: This recently-built Hindu temple (it was finished in 1988) has an exterior and interior covered in mythological-themed wall carvings.



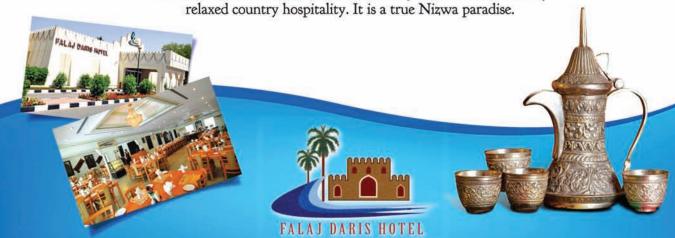
AN OASIS OF OLD WORLD CHARM WITH NEW AGE CONVENIENCE...





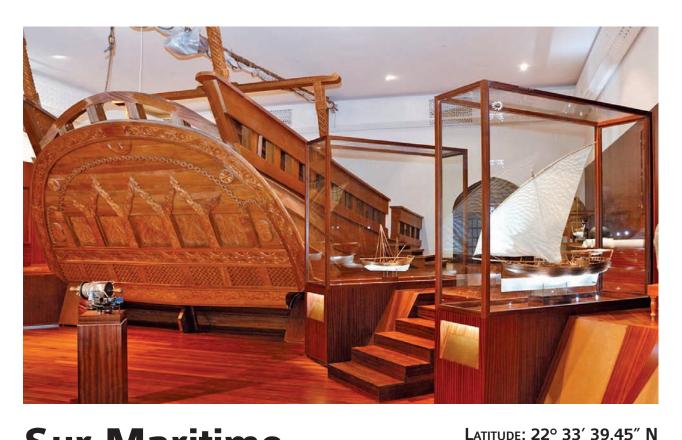


Nestled beneath the magnificent Hajar mountains, Falaj Daris Hotel Nizwa offers the best of business-like convenience, combined with warm,



Falaj Daris Hotel Nizwa

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Sur Maritime Museum

Sailing on their traditional wooden dhows, Oman's merchants, traders and explorers first travelled from Sur, which was an important maritime city, to local destinations along the region's coastline. Later on, they sailed from Sur to places as far off as Central Asia, East Africa, and the Far East. Today, Sur remains an important maritime destination, and the sea plays an important part in the lives of its people. The Sur Maritime Museum was created to celebrate this rich maritime heritage, and is well worth a visit.

- Aside from the museum building itself, much of the Sur Maritime Museum is an open air display, and the highlight here is a magnificent ocean-going wooden dhow, which has been retired after spending 43 years at sea in the Gulf and Arabian Sea.
- The Museum was originally established in 1987, and has since gone through several upgrades.
- Spread around the display outside, there are also several types of small wooden craft on show.
 - The stories of famous ship builders and sailors are on display around the museum, along with photographs and images of their journeys.
- The Sur boat-building yard is located a few hundred metres down the road from the museum, and it's here where you can still see master craftsmen building magnificent ocean-going dhows the traditional way.
- The museum also houses a display of items that could traditionally be found in Omani households in past times like water jars, tableware items, and baskets and that would have all been made by hand.

• The museum also features old photographs of Sur, including a picture of Sur town in 1905, pictures of the city's architecture, and some of the historical monuments in the area.

LONGITUDE: 59 31' 53.96" E

- The art of boatbuilding has been an essential craft in Oman for many years, and according to the Oman Maritime organisation, the ships were created (until very recently) using traditional tools. Examples of these types of tools are on display at the museum.
- Other attractions around Sur include the Sur Lighthouse, the Sunaysilah and Bilad Sur castles, the Sur Corniche, and also the nearby Ras Al Jinz Turtle Reserve, and Ras al Hadd Castle.

According to the Oman Maritime organisation, 'Oman's history has always been linked to the sea. All of this maritime activity from antiquity to present has had a profound influence on Oman, shaping the nation that it is today'. The Sur Maritime Museum is a showcase and celebration of this.



The magic of the desert awaits you at one of the top 10 desert retreats in the world.

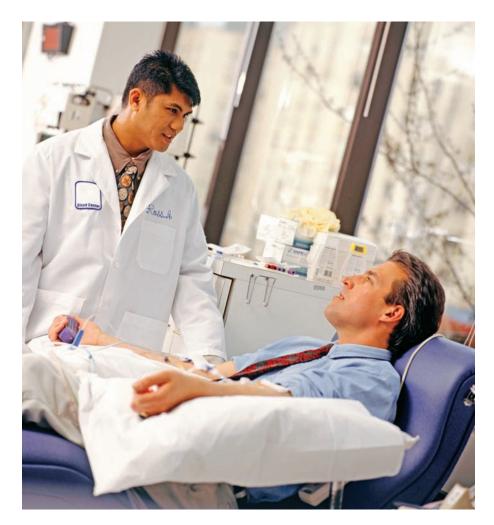
Discover the mysteries of the desert in one of the most luxurious desert camps in the world. Nestled on the golden sands of Al Wasil, this oasis of luxury is a memorable way to experience the magic of the desert.





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Donating Blood: The Health Benefits

By giving blood, you provide an essential lifeline for those in need. But did you know that there are health benefits for you, the donor, as well?

Donating blood can be as good for your health as it is for the person that is receiving it. In fact, just like your giving blood can save another life, it might also end up saving yours, too.

According to the blood donation organisation One Blood, one study published in a medical journal indicated that blood donors are 88% less likely to suffer a heart attack and 33% less likely to suffer any type of cardiovascular event. The One Blood organisation say the researchers aren't exactly sure why this is, but they believe it may be due to either one of two things.

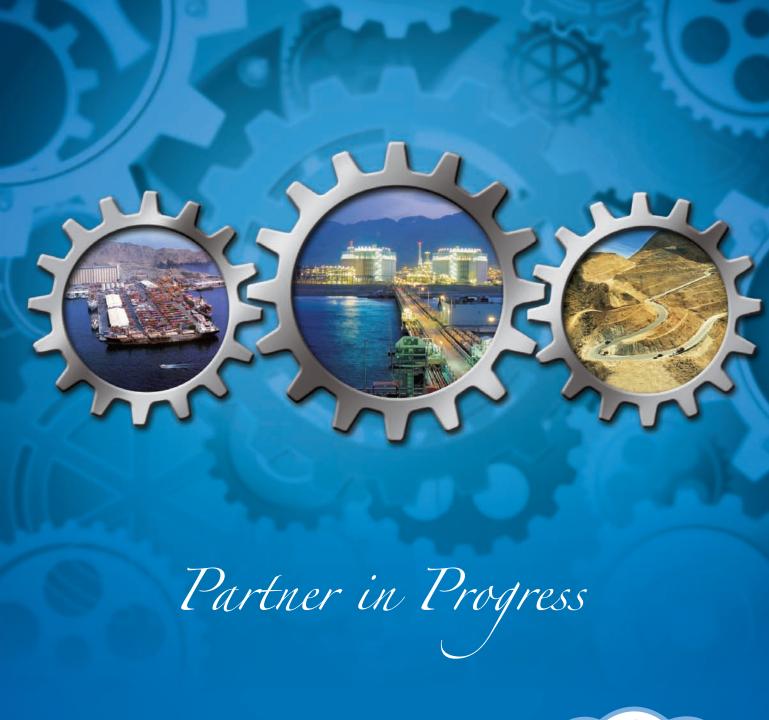
The first theory is that blood donors must be considered 'healthy' before they donate their blood. This means that they are already in good health and probably have lower blood

pressure and cholesterol levels that non-blood donors, and therefore less likely to suffer heart disease.

The second theory is that the iron in our blood has a significant impact on the hardening of our arteries (a process called atherosclerosis). But when we give blood, we end up removing 225 to 250 milligrams of iron from your system, and therefore lessen the risk of heart disease.

The truth is, there can be a lot more to gain than to lose, from donating that precious red liquid of yours.

Give more blood: Get more benefits! The research into how donating blood can positively affect our health is ongoing, but it's clear that when you donate blood, you give the gift of life to the recipient – and also yourself. Here are some more of the benefits:



Whether you are travelling on the many new roads of Oman such as the Sur-Bid Bid Road, the Muscat Expressway; or, visiting some major hotels; or, flying in any of the latest Oman Air carriers; or, passing through the Muscat International Airport, Oman Arab Bank is always there with you.

As the major financier of key projects, Oman Arab Bank has contributed to the development of major infrastructural, oil and gas, petrochemical and tourism projects across the Sultanate of Oman for almost 40 years.

Oman Arab Bank also serves you through a wide network of 67 local branches and offices, as well as 400 branches and associates of Arab Bank Plc., spread over 40 countries.



Free health screening: In order to make sure you're in good health when you donate blood, your blood pressure, pulse, temperature, and blood hemoglobin levels will be checked. Besides saving you having to check these out yourself, this screening can also serve as an early alert for any infections or diseases in their development stages in your blood. If your blood is reactive on any one of these screening tests, it is sent for further tests to confirm the results. Then, if a true infection is indicated, the health organisation doing the testing will offer you appropriate advice on what treatment steps to take.

Red blood cell production: Donation of blood reduces the number of red blood cells in the blood. However, the body's bone marrow immediately begins to replenish these lost cells. As a result, the blood of a donor is refreshed every time they donate, due to the increase in production of new red blood cells.

Psychological benefits: One of the great psychological benefits of donating blood is knowing that each time you donate, you could be saving up to three lives. This is because your blood donation is divided into platelets, plasma, and red blood cells – and each one of these has the potential to save a life.

Calorie burning: Some health experts point out that donating blood can also have a positive calorie-burning (and potential weight-loss) effect. The blood donor organisation Red Blood, for example, state that one pint of blood (450 ml) when donated burns around 650 calories in the donor's body.

'Your blood donation is divided into platelets, plasma, and red blood cells. Each one of these has the potential to save a life'

Blood Donor Basics: How to give the gift of life

Step 1: Check your general donor eligibility.

Different countries have different eligibility rules, and take into consideration factors like:

- · Your age (normally 16 years or older).
- · Your body weight (normally upwards of 50 kg).
- · If you are pregnant.
- Personal information (also, whether you have any tattoos or body piercings).
- · Whether you have had any medical conditions recently.

Step 2: Find your nearest blood donation centre or mobile clinic.

Step 3: Prepare for your donation.

- For a week before you donate, eat healthy, iron-rich meals, and avoid fatty foods. (Eating iron-rich meals after the donation is also important).
- Wear loose-fitting, comfortable clothing during the donation.
- Eat a substantial breakfast on the day, and stay wellhydrated before and after the donation.
- · Avoid smoking, alcohol, or heavy exercise beforehand.
- If applicable, bring the required personal documents, information etc.

Step 4: Congratulate yourself for donating!

And remind yourself that might save up to three lives with your donation! If you'd like to donate again, remember that you can do it around once every three months, which is the time it takes for your body to properly replenish your red blood cell count.





Lessons in Leadership! How to be a great small business leader

Do you have what it takes to be a great business leader? Here are lessons in leadership from the experts, on how to be an effective and respected leader in the small business environment.

Every industry and field of business is different. And every small business is something that is unique and one-of-a-kind. Great leadership skills, however – especially the basic principles and foundations of great leadership – are universal, and something that can be applied to nearly every field of business. Here are some of the powerful principles of leadership that can be applied to any small business...

- 1. Learn to Listen: In the small business environment, listening shows that you care; it gives you the chance to engage in the things that are really important to your employees; it gives you an opportunity to be empathetic with the needs of your employees and customers; it lets you learn from others instead of immediately judging them; and it enables you to be in tune with what events are currently taking place around you.
- 2. Clearly communicate your business's vision: Not only do great business leaders have a clear vision and set of objectives,

but they are also able to communicate them in a clear and precise way to their employees and customers. They are also talented at generating enthusiasm and passion in others, to ensure that the goals are achieved.

- 3. Set the right attitude: Few small businesses lack an ethical code of conduct or a statement of their mission and vision. But for these messages to have credibility, and to be taken seriously by employees, business leaders have to reflect these values in their decision-making, and their day-to-day leadership responsibilities.
- **4. Delegate:** For small business leaders, who might have to take a more 'hands on' approach to the daily running of their business (compared to larger corporations), effective delegation should involve:
- Giving the person the whole task to do, so they are aware of the 'bigger picture' of what needs to be achieved. (And making sure the employee understands exactly what you want from them).





'Great business leaders are able to communicate their objectives in a precise way to their employees'

- Openly communicating what feedback about their progress you want from them – and when.
- Evaluating the outcome of the task, and if appropriate, thanking and rewarding them for their successful completion of the task.
- **5. Build relationships:** Due to the complex set of tasks that you and your employees might need to carry out on a month-to-month basis for your business, a small business owner can no longer be an expert in all of the specialised disciplines that a small business needs today. With this in mind, it is vitally important that business leaders spend the time to develop high-quality relationships with their business associates, employees and customers. One leadership expert suggests that small business owners should simply strive to surround themselves with smart, talented people as much as possible.



Leadership Potential: Want to be a great leader?

According to one leadership assessment tool, called the Leadership Potential Equation, which was developed by the British/American psychologist Raymond Cattell, effective leaders often display combinations of the following personality traits...

- Emotional stability: Good leaders are able to tolerate frustration and stress, and have the psychological maturity to deal with anything they are required to face.
- Dominance: Good leaders are often competitive, assertive, decisive, and enjoy overcoming obstacles.
- Enthusiasm: Good leaders are usually active, expressive, energetic, and optimistic.
- Conscientiousness: Good leaders are often driven by a sense of duty and high standards of excellence.
- Social boldness: Good leaders tend to be spontaneous risk-takers, and tend to be high in emotional stamina.
- Self-assurance: Self-confidence and resiliency are common traits among good leaders.
- Compulsiveness: Good leaders are often protective of their integrity and reputation.
- Intuitiveness: In today's information overloaded world, good leaders learn the value of using their intuition when making decisions.
- Empathy: Good leaders know that without empathy, they will never be able to get the best from employees.
- Charisma: People usually perceive leaders as larger than life, and a leader's charisma plays a large part in this perception.

(Source: U.S Small Business Administration sba.gov)

'In today's information overloaded world, good leaders learn the value of using their intuition when making decisions'

•

Mohamed Hassan Abdullah

Mohamed Hassan Abdullah is an Omani photographer whose portfolio covers a wide-ranging selection of themes, like 'Land and Sea', 'Still Life', 'On the Move', 'Monochrome', 'People', 'Macro', 'Architecture' and 'Animals' – as he describes them. Much of his work involves Oman-based subject matter, and the results are almost always magnificent. Mohamed was one of the top 20 finalists (out of hundreds of entrants), in the recent Red Bull 5 Pics photography competition.



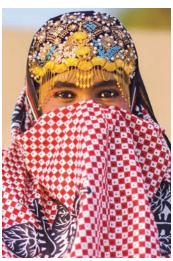
More of his work can be viewed via 500px.com/mohd_hassan













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Savvy Traveller

The Sultanate of Oman is on the eastern end of the Arabian Peninsula. It borders the United Arab Emirates in the northwest, Saudi Arabia in the west and Yemen in the southwest. It also has two enclaves – the Musandam Peninsula and Madha – which are separated by the UAE. Oman's 3 165 kilometre coastline spans the Gulf of Oman in the north and the Sea of Oman (which forms part of the Arabian Sea) in the east.



For the traveller, the Sultanate of Oman has a large variety of experiences:

- A wide variety of pristine beaches and islands
- Spectacular mountains, canyons and wadis
- · World class diving, snorkelling, and other water sports
- · Turtle, dolphin and whale watching
- Wildlife tours in the Sultanate's nature reserves and biodiversity spots
- Cultural sites including forts, ancient tombs and prehistoric cities
- Desert safaris and adventures
- · A large variety of markets and sougs
- Museums and art galleries
- Trekking, rock climbing and caving adventures
- · Horse and camel racing events
- · Golf courses
- Various festivals, including the popular Muscat Festival and Salalah Festival.

There are currently four UNESCO World Heritage Sites in the Sultanate of Oman

- Aflaj Irrigation Systems
- Frankincense Trail
- Archaeological Sites of Bat Bahla Fort

Sultanate of Oman: Fact Sheet

Area : 309 500 km2

Population (2014) : 4 000 345

(1 767 396 expatriates)

Language : Arabic (official)

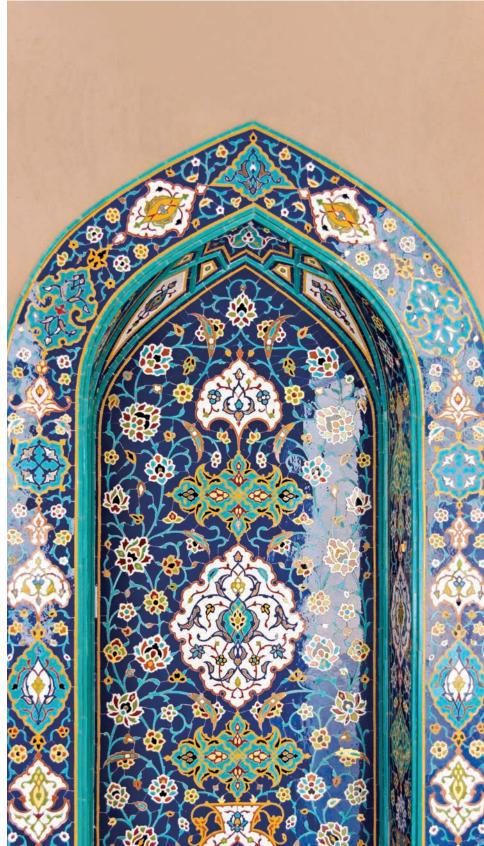
English (widely spoken)

Capital : Muscat Local Time : GMT +4

Currency : Omani Rial, which equates to

US\$ 2.58





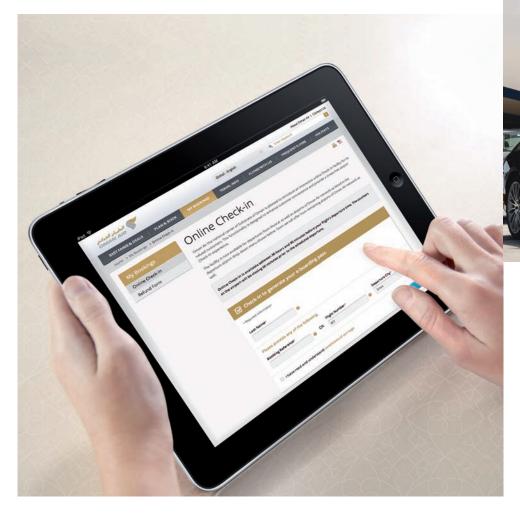
CurrencyThe local currency is the Omani Rial (referred to as RO or OR or OMR). It is further divided into 1000 Baizas. Currency denominations are available in 50, 20, 10, 5 and 1 Rial and 500 and 100 Baiza notes. Coins are available in 50, 25, 10 and 5 Baizas.

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Book and Check-In Online

Oman Air offers an interactive online booking check-In facility for convenient, stress-free airport check-ins. The check-in facility is available for departures from Muscat International Airport, as well as a selection of airports on the worldwide Oman Air network. Online Check-in is available between 24 hours and 90 minutes before your departure time.





Exclusive First Class and Business Class Check-In

With its own entrance and sumptuous lounge area, dedicated staff, and fast-track security clearance and baggage drop, the First Class and Business Class Check-In service provides an ideal introduction to Oman Air's extremely high standards of service. These facilities set the tone of refined elegance and luxury which stays with the traveller throughout their journey.





In-flight Connectivity

Whichever cabin you are travelling in, you can send SMS or make calls to your friends, family or colleagues with our OnAir mobile services. Log-on and check emails, surf the web and update your social media with Oman Air's WY-Fi internet services. And our great-value, flexible pricing means that you can choose the level of connectivity you want, whenever you fly on our Airbus A330 Fully Connected flights.

Chauffeur Services

Oman Air offers premium travellers a host of distinctive services that will enhance their travel experience. First and Business Class passengers can now take advantage of our complimentary Chauffeur Drive airport transfer service at select destinations across our network. With an attentive service that comes with a personal chauffeur, luxury vehicles and speedy door-to-door transfers, you can now travel in comfort and style with Oman Air.

In-flight Entertainment

Sit back and enjoy your journey in comfort, with a great range of the latest Arabic and international movies, up-to-the-minute TV shows, including satellite TV news, as well as music and games – all at your fingertips, and all on demand.





Oman Air Lounges

If you want to catch up on work before you travel, enjoy a snack, or simply unwind, our lounges ensure a relaxing start to your journey that reflects the outstanding hospitality you will enjoy aboard our aircraft, all whilst preserving key elements of Omani culture and heritage. Relax in our First and Business Class Lounges' elegant environment and enjoy the very best in hospitality and service as you prepare for your flight. Our Bangkok lounge is for customers travelling in First or Business Class, and for those holding Gold and Silver Sindbad cards, and can be used and enjoyed at a minor cost. The Majan Lounge is open to Premium customers travelling on airlines operating from Muscat International Airport and for Oman Air passengers holding Gold and Silver Sindbad membership who are travelling in Economy Class, and can be used and enjoyed at a minor cost. Each lounge also has an experienced team of customer service staff on hand to look after your every need.





Arab Airlines: Where Hospitality is Home

Did you know that 50 years ago Arab airlines carried around 2 million passengers? This year, AACO members will be serving 8,200% more passengers than in 1965!

The Arab Air Carriers' Organization (AACO) is the regional association of Arab airlines. It aims at serving and protecting airlines' common interests and at supporting their quest in providing the best services to the customer by being a catalyst for their cooperation.

Importance of Air Travel

Air transport drives economic and social progress, connects people, countries and cultures, provides access to global markets, and generates trade and tourism.

Serving more than 400 destinations worldwide in 2015 compared to less than 30 destinations in 1965



AACO Members in Numbers



50 Years: A Catalyst For Cooperation Turning Gold "AACO 1965-2015"

"As a proud member of AACO, Oman Air is pleased to support its vital work of representing Arab Airlines."

Mr. Paul Gregorowitsch, Chief Executive Officer, Oman Air

"Flying is a dream coming true. Throughout the last 50 years, AACO members have transformed air transport from a conventional transportation mode to an experience of joy and delight. Everyday almost half a million, and growing, guests enjoy the quality of service and value for money that the Arab airlines provide. AACO is proud to be the association of such an elite group of airlines, and views its 50th year as only a springboard for global greater presence and a greater fulfillment of our quests' aspirations."

Abdul Wahab Teffaha, Secretary General, AACO

























































Environment

Arab airlines' emissions are less by 20% than the worldwide average. Not only airlines, also Arab airports are becoming greener. We care about our world as much as we care about you.

Customer Delight is our Credo

Last year only, our members were recognized with more than 100 reputable international and regional awards. AACO gathers the best worldwide airlines that offer unsurpassed services on ground and in the air. The customers have ranked our member airlines as topnotch businesses.

AACO Members' Fleet

Today, the age of more than half of AACO members' fleet is less than 5 years. With highly advanced and new aircraft in service, the average age of AACO members' fleet is 7.2 years; younger than most other regions and the worldwide average

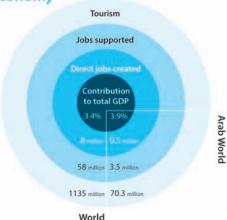
In 1965: Less than 60 aircraft

In 2015: More than 1,100 aircraft

Great hospitality offered by AACO members



Contribution of Aviation to the Global and Arab Economy



Human capital is the primary asset for AACO member airlines. We offer a great range of courses, diplomas, and graduate programs in our training centers

More than 27,000 participants received learning courses at AACO Regional Training Center since its inception in 1996. Moreover, 274 participants were enrolled in post-graduate programs with our worldwide partners since 1996.



Check more details on www.aaco.org/training

Arab Hubs and Airports

Investments in Arab airports exceed USD 100 billion between 2000-2020







ArabAirCarriers







AACO Objectives

We:

- Support highest safety and security standards
- 2. Support green environmental policies
- 3. We advocate for a healthier regulatory environment
- 4. Contribute in developing human resources
- 5. Support joint work between member airlines
- Enhance the knowledge base and providing networking opportunities for AACO members and partners through conducting forums
- 7. Reflect the positive image of The Arab Airlines Globally

Oman Air become Presenting Sponsor for the NBO Golf Classic Grand Final

Oman Air has announced that the airline will become the Presenting Sponsor for the forthcoming NBO Golf Classic Grand Final. This will be the third year that Oman Air has committed to the prestigious European Challenge Tour tournament as a Presenting Sponsor and Official Airline.

After two hugely successful years, the National Bank of Oman Golf Classic, which was the penultimate event on the European Challenge Tour Schedule, has been elevated to become the season-ending NBO Golf Classic Grand Final, which is open only to the top 45 players on the Road to Oman Rankings and is set to be played on November 4-7 at the stunning Almouj Golf, The Wave in Muscat, Oman.

Oman Air has now announced their commitment to the NBO Golf Classic Grand Final as a Presenting Sponsor and Official Carrier for the tournament. The airline will be transporting the 45 qualifiers, their management, caddies and supporters from all over the world to Muscat.



The triumphant winner of the 2015 NBO Golf Classic Grand Final will receive a first prize cheque for \$52,800 while the top 15 players on the Road to Oman Rankings following the conclusion of the Muscat event will be promoted to play on next season's European Tour. The leading player on the Rankings will receive not only the honour of being crowned European Challenge Tour Number One, but a \$32,500 share of a \$65,000 Bonus Pool for the top three, plus an engraved Rolex watch

As well as Oman Air the 2015 NBO Golf Classic Grand Final is supported by Shangri-La Barr Al Jissah Resort & Spa, Tanuf Water, Wicked Tents and Al Turki. Further information on the 2015 NBO Golf Classic Grand Final can be found on the event's website: golf.nbo.om

The NBO Golf Classic Grand Final will be held at Almouj Golf The Wave, Muscat, from Wednesday November 4th to Saturday November 7th 2015 and will feature the top 45 players on the Road to Oman Rankings competing for a prize fund of \$397,000. The top 15 players on Road to Oman Rankings at the conclusion of play will qualify to play on next season's European Tour.

The 2015 Road to Oman will take in 25 tournaments in 19 different countries. The Road to Oman will offer a Bonus Pool of \$65,000 for the top three players on the Road to Oman rankings at the conclusion of the NBO Golf Classic Grand Final. The leading player on the rankings will receive a \$32,500 share of the Bonus Pool.

Oman Air Inflight Services Certified For ISO 9001:2008

One of Oman Air's key business units has been awarded the prestigious ISO 9001:2008 Quality Management System Certificate. The certificate was presented to Oman Air Inflight Services by Bureau Veritas Certification Holding SAS and has been accredited by the United Kingdom Accreditation Service (UKAS). It confirms that Inflight Services operates in line with Oman Air's vision of offering the highest possible standards in every area of its work.

Inflight services joins a number of other business units in holding ISO certification, including Oman Air Learning and Development, Supply Chain management and Oman Air's First and Business Class lounges at Muscat International Airport.

The In-flight Services Department is responsible for the definition, development and implementation of onboard products and services. The achievement of ISO certification followed a Quality Management System audit of all areas of the department's business processes, including On-board Food and Beverages, On-board Entertainment, On-board Product and Services, Cabin Crew Training and Quality Control. The Quality Management System enhances the audit

process's documentation and customer focus, and highlights potential savings.

ISO 9001:2008 certification demonstrates that the holder meets the needs of customers and other stakeholders, whilst also meeting statutory and regulatory requirements. It deals with the fundamentals of quality management systems, including the eight management principles upon which the ISO 9000 family of standards is based. These are Customer Focus, Leadership, Involvement of People, Process Approach, System Approach to Management, Continual Improvement, Factual Approach to Decision Making, and Mutually Beneficial Supplier Relationships.



Oman Air Partners to empower Students with Special Needs

Oman Air has partnered with the Public Authority for Small and Medium Enterprises and the Al Raffad Fund to help empower students in Oman who have special needs.



The partnership resulted in a workshop, held in Muscat, which emphasised the importance of providing financial backing for special needs students to develop their

skills and provide them with a vocation. In addition, a presentation was given for the students. In the course of the presentation, the significance of economic independence, and the steps to create one's own business were explained. The availability of practical and financial support provided by the Al Raffad Fund was also outlined.

Participants expressed their gratitude for Oman Air's efforts in creating opportunities for students with additional support needs. The event represented a continuation of Oman Air's educational and community engagement in Oman. It was the latest in a series of educational activities and corporate social responsibility initiatives undertaken by Oman Air with the aim of promoting self-development, social entrepreneurship, and the creation of sustainable development solutions.

Oman Air-Cargolux Cooperation Adds Second Flight to Chennai

The partnership between Oman Air and Cargolux, launched in April 2015, introduced a second frequency to Chennai from 11th August 2015.

The addition of Chennai to the Oman Air Cargolux network is the cooperation's latest step in expanding its air freight services from Oman to India. The cooperation was established to enable Oman Air and Cargolux to jointly access new freighter destinations and contribute to the development

of Oman's logistics hub. It will allow Cargolux to utilize Oman Air's experience of flying to a range of global destinations, including 11 destinations in India. In addition, it enables Oman Air to further expand its cargo operation and build on the initiatives the airline has introduced over recent years.



All eyes on Istanbul for 'Act 6' of Extreme Sailing Series

Istanbul has now become a regular stopover in the Extreme Sailing Series – the global racing circuit that has taken the sailing world by storm with its stadium-style racing and its fleet of revolutionary multihull Extreme 40 boats. This grand old Turkish city will once again play host to the action this month.



The Extreme 40s are a fleet of identical 40 foot-long, two-hulled racing 'thoroughbreds', which clock speeds upwards of 30 knots (around 60 km/hour), and throughout the Extreme Sailing Series, have been crewed by some of the biggest names in the sport, including Olympic medalists and America's Cup stars.

Istanbul has always been a popular venue for the Extreme Sailing Series, and thousands of fans regularly turn out each year along the shores of the Bosphoros Strait to watch the high-octane action. The action literally takes place just a metres from the shore, giving crowds in the grandstand and free public viewing areas a perfect view of the racing and the revolutionary new multihull boats.

The Oman Air boat, sponsored by Oman Air – the Sultanate of Oman's national carrier – has been competing in the Extreme Sailing Series since 2011. It is now skippered by British Olympic sailor Stevie Morrison and is currently still in the chase for 2015 honours with two Extreme Sailing Series 'Acts' remaining. (Oman Air, in fact, continued their affinity with the Extreme Sailing Series, when they became the official airline partner of the event, earlier this year).

Morrison put his new crew together at the start of the 2015 in time for Oman Air's first event in Singapore. One of his first choices was Ali Al Balushi, the Omani bowman who joined Oman Air the previous October and who will celebrate his first anniversary as a member of the crew in Istanbul this month. The other crew mates include Ed Powys and Nic Asher,



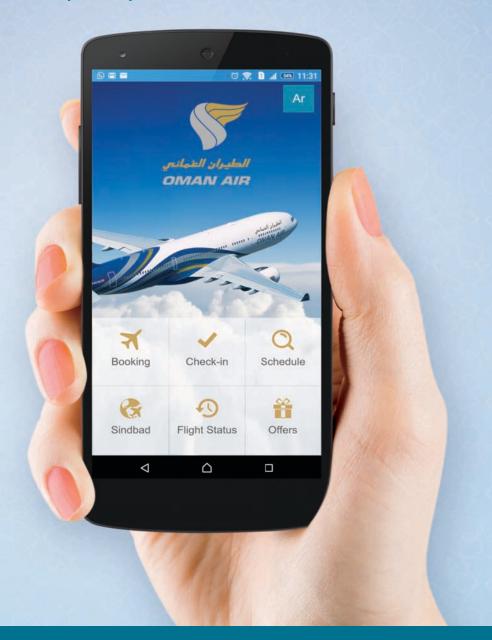
who have campaigned Olympic class boats for Britain, and Australian Ted Hackney, have together proved themselves at events in Hamburg in Germany, Singapore, St Petersburg in Russia, Cardiff, in the UK, on home waters in Muscat, Oman, and Qingdao in China.

The Oman Air crew's 2015 campaign will end in Sydney, Australia, in December. And as of now, they have an overall podium place still firmly in their sights.

The Extreme Sailing Series is a global racing event taking place in eight cities around the world. Racing in Istanbul runs from the 1 – 4 October 2015. You can find out more about the series at: extremesailing.com, and also see how the Oman Sail team is doing by following the Social Media hashtag #TeamOmanAir.

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